



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 09050, Blueberries, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	84.21	12	0.672	80.7	86.76	1.0	75.665	92.747	3	Analytical or derived from analytical	--	09/2002
Energy	kcal	57	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2010
Energy	kJ	240	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2010
Protein <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.74	12	0.019	0.6	0.97	1.0	0.5	0.975	3	Analytical or derived from analytical	--	09/2002
Total lipid (fat) <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.33	12	0.018	0.2	0.5	1.0	0.106	0.56	3	Analytical or derived from analytical	--	09/2002
Ash <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.24	12	0.005	0.19	0.3	1.0	0.173	0.3	3	Analytical or derived from analytical	--	09/2002
Carbohydrate, by difference	g	14.49	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2010
Fiber, total dietary <a href="#">2</a>	g	2.4	4	0.124	2.3	2.8	3.0	2.053	2.842	1	Analytical or derived from analytical	--	09/2002
Sugars, total <a href="#">2</a> <a href="#">3</a>	g	9.96	8	0.550	7.67	12.33	4.0	8.467	11.448	2	Analytical or derived from analytical	--	09/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">2</a> <a href="#">3</a>	g	0.11	8	0.000	0.07	0.14	--	--	--	2	Analytical or derived from analytical	--	09/2002
Glucose (dextrose) <a href="#">2</a> <a href="#">3</a>	g	4.88	8	0.275	3.74	6	4.0	4.141	5.625	2	Analytical or derived from analytical	--	09/2002
Fructose <a href="#">2</a> <a href="#">3</a>	g	4.97	8	0.276	3.86	6.26	4.0	4.213	5.719	2	Analytical or derived from analytical	--	09/2002
Lactose <a href="#">2</a> <a href="#">3</a>	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	09/2002
Maltose <a href="#">2</a> <a href="#">3</a>	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	09/2002
Galactose <a href="#">2</a> <a href="#">3</a>	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	09/2002
Starch <a href="#">2</a>	g	0.03	4	0.027	0	0.11	3.0	-0.06	0.115	1	Analytical or derived from analytical	--	09/2002
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	6	12	0.785	2	11	1.0	-3.541	16.408	3	Analytical or derived from analytical	--	09/2002
Iron, Fe <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.28	12	0.011	0.11	0.41	1.0	0.139	0.417	3	Analytical or derived from analytical	--	09/2002
Magnesium, Mg <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	6	12	0.197	5	7	1.0	3.268	8.271	3	Analytical or derived from analytical	--	09/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	12	12	0.508	7	16	1.0	5.42	18.333	3	Analytical or derived from analytical	--	09/2002
Potassium, K <a href="#">1</a> <a href="#">3</a>	mg	77	6	5.450	72	83	1.0	8.101	146.599	2	Analytical or derived from analytical	--	05/2003
Sodium, Na <a href="#">1</a> <a href="#">3</a>	mg	1	6	0.353	0	1	1.0	-3.766	5.21	2	Analytical or derived from analytical	--	05/2003
Zinc, Zn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.16	12	0.017	0.1	0.28	1.0	-0.055	0.37	3	Analytical or derived from analytical	--	09/2002
Copper, Cu <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.057	12	0.014	0.01	0.09	1.0	-0.118	0.232	3	Analytical or derived from analytical	--	09/2002
Manganese, Mn <a href="#">1</a> <a href="#">2</a>	mg	0.336	8	0.028	0.16	0.43	3.0	0.251	0.421	2	Analytical or derived from analytical	--	09/2002
Selenium, Se <a href="#">3</a>	µg	0.1	2	--	0.1	0.1	1.0	--	--	1	Analytical or derived from analytical	--	09/2002
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	9.7	4	0.890	7.4	11.5	3.0	6.868	12.532	1	Analytical or derived from analytical	--	05/2003
Thiamin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.037	12	0.006	0.02	0.07	1.0	-0.034	0.109	3	Analytical or derived from analytical	--	09/2002
Riboflavin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.041	12	0.000	0.02	0.06	1.0	0.04	0.043	3	Analytical or derived from analytical	--	09/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.418	12	0.089	0.22	0.87	1.0	-0.718	1.554	3	Analytical or derived from analytical	--	09/2002
Pantothenic acid <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.124	12	0.008	0.06	0.16	1.0	0.026	0.222	3	Analytical or derived from analytical	--	09/2002
Vitamin B-6 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.052	12	0.000	0.02	0.08	1.0	0.048	0.056	3	Analytical or derived from analytical	--	09/2002
Folate, total <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	μg	6	12	0.123	3	11	1.0	4.721	7.834	3	Analytical or derived from analytical	--	09/2002
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	6	12	0.123	3	11	1.0	4.721	7.834	3	Analytical or derived from analytical	--	06/2010
Folate, DFE	μg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2010
Choline, total <a href="#">2</a>	mg	6.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Betaine <a href="#">2</a>	mg	0.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	μg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	µg	32	16	3.292	13	89	1.0	-9.396	74.253	4	Analytical or derived from analytical	--	09/2002
Carotene, alpha <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	µg	0	12	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	09/2002
Cryptoxanthin, beta <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	µg	0	12	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	09/2002
Vitamin A, IU <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	IU	54	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Lycopene <a href="#">2</a> <a href="#">3</a>	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	09/2002
Lutein + zeaxanthin <a href="#">2</a> <a href="#">3</a>	µg	80	6	5.650	63	113	1.0	34.532	124.802	2	Analytical or derived from analytical	--	09/2002
Vitamin E (alpha-tocopherol) <a href="#">2</a>	mg	0.57	4	0.097	0.4	0.81	3.0	0.257	0.878	1	Analytical or derived from analytical	--	09/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <a href="#">2</a>	mg	0.01	4	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	09/2002
Tocopherol, gamma <a href="#">2</a>	mg	0.36	4	0.048	0.26	0.46	3.0	0.208	0.512	1	Analytical or derived from analytical	--	09/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta <sup>2</sup>	mg	0.03	4	0.009	0.01	0.05	3.0	0.002	0.058	1	Analytical or derived from analytical	--	09/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) <sup>2 3</sup>	µg	19.3	8	1.546	15.5	29.1	4.0	14.903	23.792	2	Analytical or derived from analytical	--	09/2002
<b>Lipids</b>													
Fatty acids, total saturated	g	0.028	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002
16:0	g	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002
18:0	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002
Fatty acids, total monounsaturated	g	0.047	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002
16:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002
18:1 undifferentiated	g	0.047	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002
Fatty acids, total polyunsaturated	g	0.146	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002
18:2 undifferentiated	g	0.088	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002
18:3 undifferentiated	g	0.058	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	09/2002
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
<b>Amino Acids</b>													
Tryptophan	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Threonine	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Isoleucine	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Leucine	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Methionine	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Cystine	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Phenylalanine	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Tyrosine	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Valine	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Arginine	g	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Histidine	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Alanine	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Aspartic acid	g	0.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid	g	0.091	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Glycine	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Proline	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Serine	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2010
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2000
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2000

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Flavonoids</b>													
Anthocyanidins													
Cyanidin <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a>	mg	8.46	55	1.79	0.5	73.86	--	--	--	--	--	--	--
Petunidin <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a>	mg	31.5	54	1.64	9.17	111.32	--	--	--	--	--	--	--
Delphinidin <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a>	mg	35.4	55	5.49	3.32	186.98	--	--	--	--	--	--	--
Malvidin <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a>	mg	67.6	54	3.5	27.98	185.11	--	--	--	--	--	--	--
Pelargonidin <a href="#">8</a> <a href="#">10</a>	mg	0.0	--	0	0	0.02	--	--	--	--	--	--	--
Peonidin <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">15</a>	mg	20.3	--	4.43	0.97	59.91	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin <a href="#">10</a> <a href="#">17</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a>	mg	5.3	--	1.77	0	29.28	--	--	--	--	--	--	--
(-)Epigallocatechin <a href="#">10</a> <a href="#">17</a> <a href="#">18</a>	mg	0.7	--	0.18	0	2.08	--	--	--	--	--	--	--
(-)Epicatechin <a href="#">10</a> <a href="#">17</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a>	mg	0.6	--	0.09	0	3.29	--	--	--	--	--	--	--
(-)Epicatechin 3-gallate <a href="#">10</a> <a href="#">17</a> <a href="#">18</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)Epigallocatechin 3-gallate <a href="#">10</a> <a href="#">17</a> <a href="#">18</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin <a href="#">10</a> <a href="#">17</a> <a href="#">18</a>	mg	0.1	--	0.03	0	0.59	--	--	--	--	--	--	--
Flavanones													
Hesperetin <a href="#">10</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin <a href="#">10</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin <a href="#">8</a> <a href="#">10</a>	mg	0.0	--	0	0	0.01	--	--	--	--	--	--	--
Luteolin <a href="#">8</a> <a href="#">10</a>	mg	0.2	--	0.2	0	0.8	--	--	--	--	--	--	--
Flavonols													
Kaempferol <a href="#">8</a> <a href="#">13</a> <a href="#">16</a> <a href="#">19</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a>	mg	1.7	--	0.21	0	4.1	--	--	--	--	--	--	--
Myricetin <a href="#">8</a> <a href="#">10</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">16</a> <a href="#">19</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">24</a>	mg	1.3	62	0.21	0	8.63	--	--	--	--	--	--	--
Quercetin <a href="#">8</a> <a href="#">10</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">16</a> <a href="#">19</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">24</a> <a href="#">25</a> <a href="#">26</a>	mg	7.7	72	0.18	0	18.72	--	--	--	--	--	--	--
Isoflavones													
Daidzein <a href="#">27</a> <a href="#">28</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein <a href="#">27</a> <a href="#">28</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Glycitein <a href="#">28</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones <a href="#">27</a> <a href="#">28</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Formononetin	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Coumestrol	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	6.4	--	3.24	1.66	14.5	--	--	--	--	--	--	--
Proanthocyanidin trimers <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	4.9	--	3.01	0.73	13.3	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers <a href="#">6</a> <a href="#">7</a>	mg	20.5	--	4.24	15.75	28.1	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers <a href="#">6</a> <a href="#">7</a>	mg	14.3	--	2.02	10.99	17.4	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) <a href="#">6</a> <a href="#">7</a>	mg	136.0	--	48.98	58.37	200.62	--	--	--	--	--	--	--

**Sources of Data**<sup>1</sup>*Produce Marketing Association (PMA) Nutrient Content of Blueberry, 1990*<sup>2</sup>*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4d, 2001 Beltsville MD*<sup>3</sup>*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5k, 2001 Beltsville MD*<sup>4</sup>*J L Bureau, R J Bushway HPLC determination of carotenoids in fruits and vegetables in the United States, 1986 J Food Sci 52 pp.128-130*<sup>5</sup>*de Pascual-Teresa, S., Santos-Buelga, C., and Rivas-Gonzalo, J.C. Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages, 2000 J. Agric. Food Chem. 48 pp.5331-5337*<sup>6</sup>*Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption, 2004 J. Nutr. 134 pp.613-617*<sup>7</sup>*Hellström, Törrönen, A.R., and Matilla, P.H. 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